

# AUGUST

## Special Announcements

**Next Month:  
Grapes &  
Cucumbers**




| Monday                                 | Tuesday                                | Wednesday                         | Thursday  | Friday                            |
|--|--|-----------------------------------|---|-----------------------------------|
| 1                                      | 2                                      | 3                                 | 4   | 5                                 |
| 8                                      | 9                                      | 10                                | 11<br>Conchas<br>Milk   | 12<br>Apples<br>Sunbutter         |
| 15<br>Cheese sticks<br>Crackers, Juice | 16<br>Cereal Bar<br>Milk               | 17<br>Nacho Cheese<br>Baked chips | 18<br>Kid Mix<br>Juice  | 19<br>Yogurt<br>Granola           |
| 22<br>Granola Bars<br>Juice            | 23<br>Gingerbread Men<br>Milk          | 24<br>Goldfish<br>Juice           | 25<br>Hot Cheetos<br>Juice  | 26<br>Nacho Cup<br>Baked Tostitos |
| 29<br>Apples<br>Sunbutter              | 30<br>Cheese sticks<br>Crackers, Juice | 31<br>Conchas<br>Milk             | <div data-bbox="998 1858 1599 2068" data-label="Text"> <p><b>Good Eats At:</b></p> <hr/> </div> |                                   |

# Watermelon

**Brainy Snacks:** Did you know that watermelon can be considered a fruit or a vegetable! So next time your parents ask you what vegetable you'd like for dinner let them know you want a Texas size piece of watermelon! CHOMP!

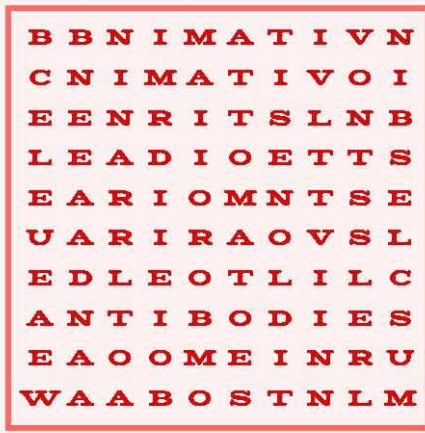
How do I pick a good watermelon? A hard watermelon with a dull appearance and a dark yellow spot on it is sure to be a winner! The dull appearance means it has ripened in the sun and the darker the color of the yellow spot, the longer it was on the vine sweetening up!

**Growth Regions:** High Plains Region, East Texas, Rio Grande Valley, and Winter Garden

**Peak Growing Season:** May - October



## Word Search



## Word Bank

- WATERMELON
- VITAMIN B
- TOMATOES
- VITAMIN C
- ANTIBODIES
- MUSCLES

## Joke of the Month

Q. How do you fix a broken tomato?  
see answer below.

The name says it all! Watermelons are 92% water. Maybe try your next piece with a straw.

# Tomatoes

**A rainbow of tomatoes - Fruit or vegetable?** Tomatoes are fruits and can be eaten raw or cooked. Everybody has seen a red tomato, but did you know there are green, yellow, orange, pink, black, brown, white, and even purple tomatoes?

If you measured me from my head "to-ma-toes" I still wouldn't be as tall as the world's tallest tomato plant which was measured to be 65 feet tall. That is about six stories tall! Whoa?

**Vitamin C:** Oranges aren't the only source of Vitamin C. Tomatoes have nearly a third of your recommended daily intake of Vitamin C. Your body needs Vitamin C to grow and repair tissues in your skin and muscles.

**Growth Regions:** East Texas and Rio Grande Valley

**Peak Growing Season:** April - November

Visit: [SquareMeals.org/SeasonalityWheel](http://SquareMeals.org/SeasonalityWheel)

